

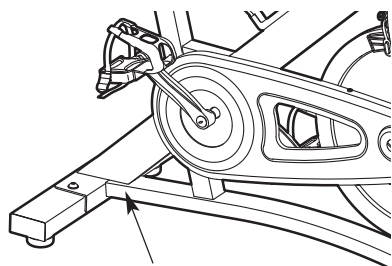
PRO-FORM[®]

390 SPX

Model No. PFEVEX74712.0

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

USER'S MANUAL

QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

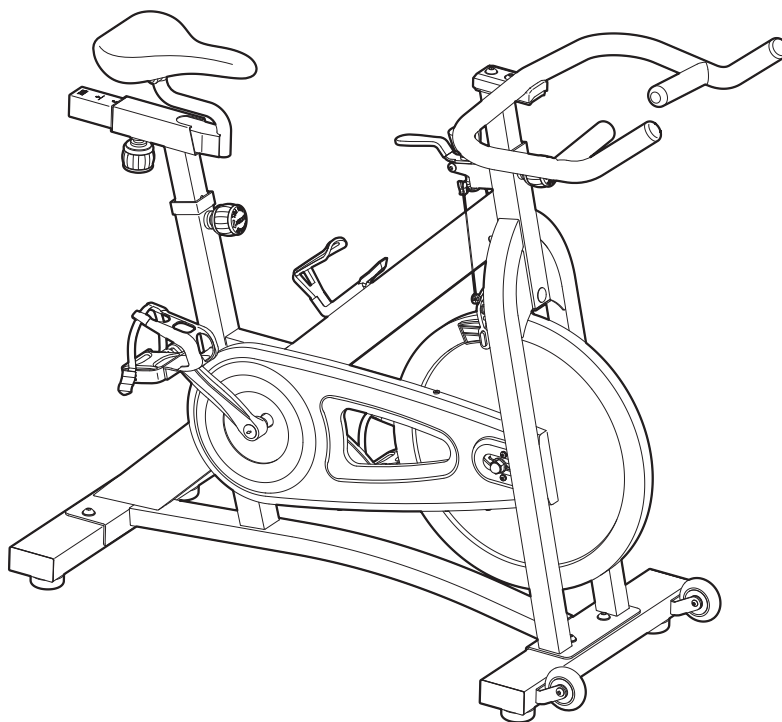
Call: 08457 089 009

From Ireland: 053 92 36102

E-mail: Visit www.iconsupport.eu

Write:

ICON Health & Fitness, Ltd.
c/o HI Group PLC, Express Way
Whitwood, West Yorkshire
WF10 5QJ
UK



CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

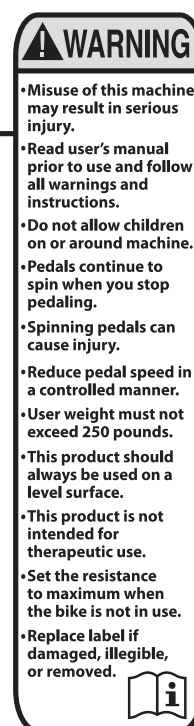
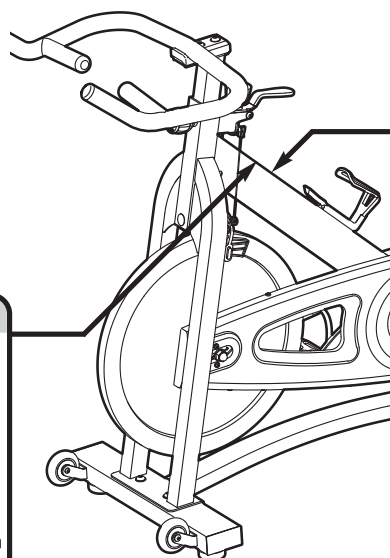
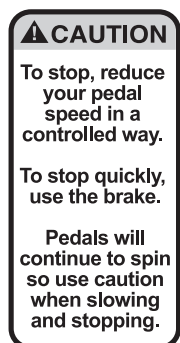
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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the exercise bike only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. Keep the exercise bike indoors, away from moisture and dust. Place the exercise bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the exercise bike.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the exercise bike at all times.
8. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
9. The exercise bike should not be used by persons weighing more than 250 lbs. (113 kg).
10. Always keep your back straight while using the exercise bike; do not arch your back.
11. The exercise bike does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
12. To stop the flywheel quickly, press the brake lever downward.
13. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

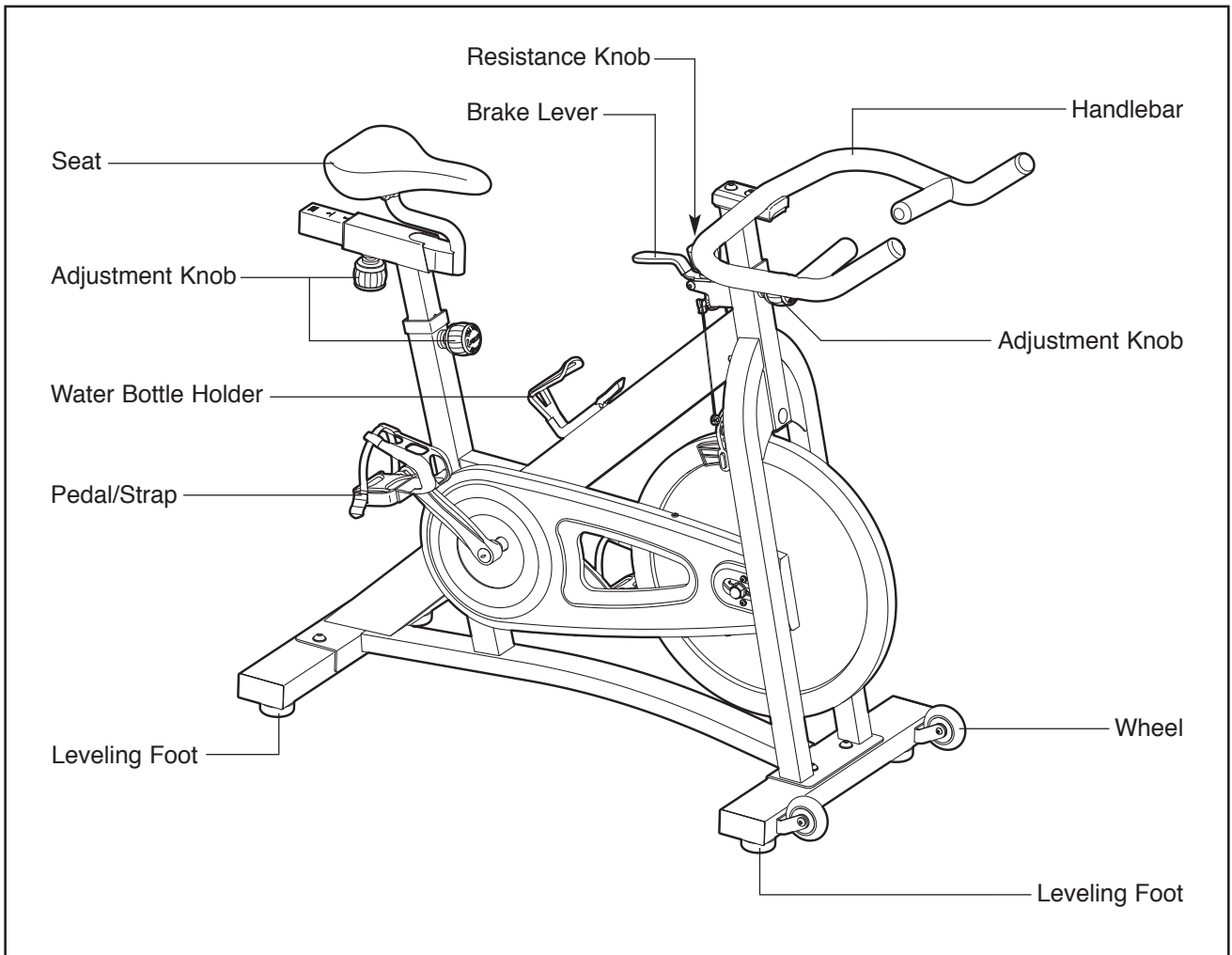
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 390 SPX exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The 390 SPX exercise bike provides a selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the exercise bike. If you have questions

after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



ASSEMBLY

Assembly requires two persons. Place all parts of the exercise bike in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tool(s), assembly requires an adjustable wrench  and a Phillips screwdriver .

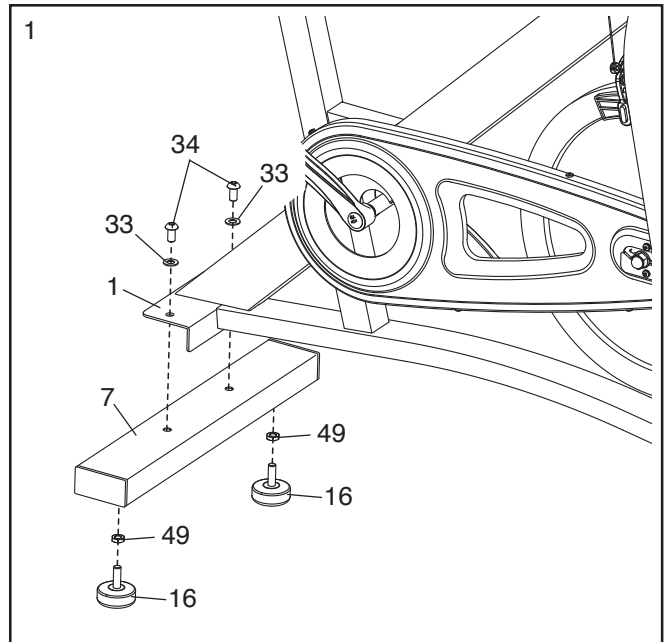
Note: If a part is not in the hardware kit, check to see if it has been preattached.

1. Remove the two screws, the two washers, and the shipping bracket (not shown) from the rear of the Frame (1). Discard the screws, washers, and shipping bracket.

Identify the Rear Stabilizer (7), which does not have wheels.

Tighten two M10 Hex Nuts (49) onto two Leveling Feet (16). Next, tighten the Leveling Feet (16) into the underside of the Rear Stabilizer (7).

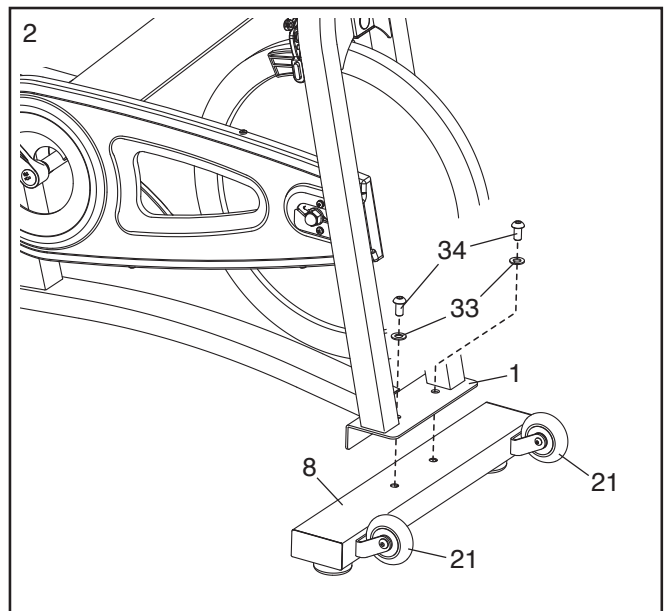
Attach the Rear Stabilizer (7) to the Frame (1) with two M10 x 25mm Screws (34) and two M10 Washers (33).



2. Remove the two screws, the two washers, and the shipping bracket (not shown) from the front of the Frame (1). Discard the screws, washers, and shipping bracket.

Orient the Front Stabilizer (8) so that the Wheels (21) are in the position shown.

Attach the Front Stabilizer (8) to the Frame (1) with two M10 x 25mm Screws (34) and two M10 Washers (33).

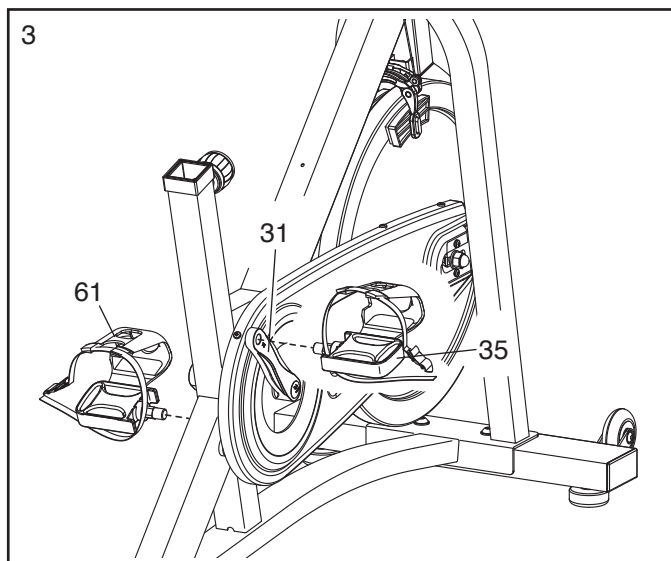


3. Identify the Right Pedal (35), which is marked with an "R."

Using an adjustable wrench, **firmly tighten** the Right Pedal (35) *clockwise* into the Right Crank Arm (31).

Next, tighten the Left Pedal (61) *counterclockwise* into the Left Crank Arm (not shown).

IMPORTANT: Tighten both Pedals (35, 61) as firmly as possible. After using the exercise bike for one week, retighten the Pedals.

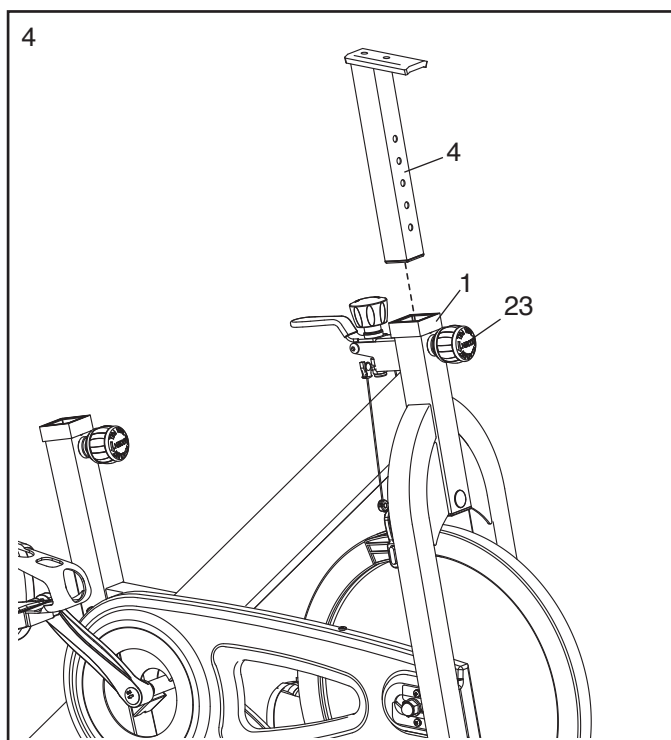


4. Orient the Handlebar Post (4) as shown.

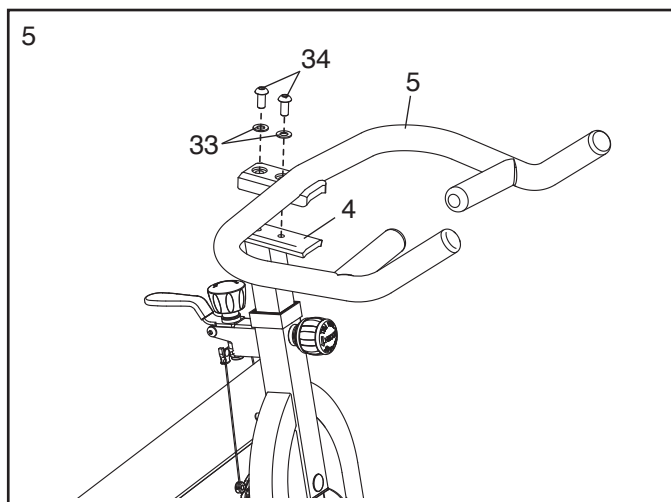
Locate the Adjustment Knob (23) on the front of the Frame (1). Loosen the Adjustment Knob and pull it outward. Then, insert the Handlebar Post (4) into the Frame.

Move the Handlebar Post (4) upward or downward to the desired position, release the Adjustment Knob (23) into an adjustment hole in the Handlebar Post, and then tighten the Adjustment Knob.

Move the Handlebar Post (4) upward or downward slightly to make sure that the Adjustment Knob (23) is firmly engaged in an adjustment hole in the Handlebar Post.



5. Attach the Handlebar (5) to the Handlebar Post (4) with two M10 x 25mm Screws (34) and two M10 Washers (33).

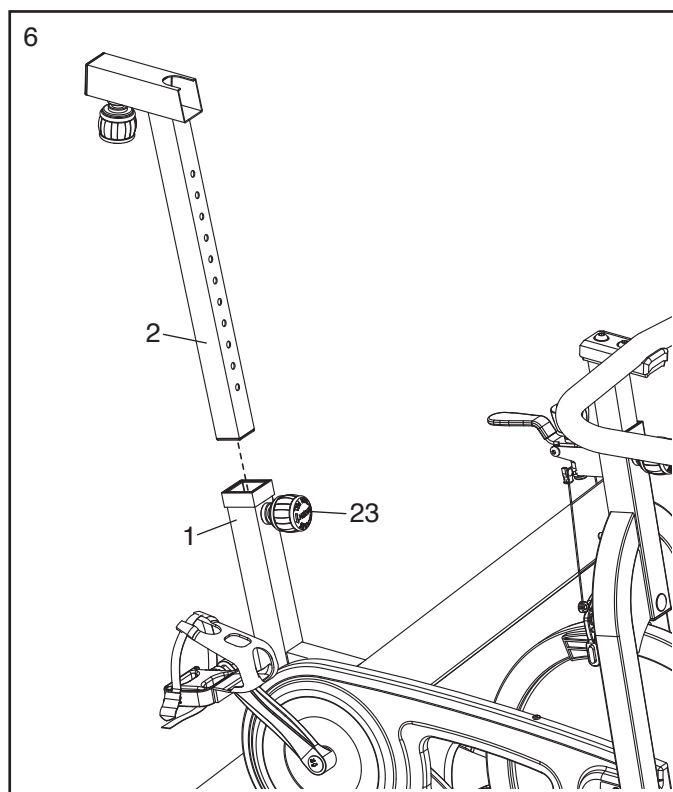


6. Orient the Seat Post (2) as shown.

Locate the Adjustment Knob (23) on the rear of the Frame (1). Loosen the Adjustment Knob and pull it outward. Then, insert the Seat Post (2) into the Frame.

Move the Seat Post (2) upward or downward to the desired position, release the Adjustment Knob (23) into an adjustment hole in the Seat Post, and then tighten the Adjustment Knob.

Move the Seat Post (2) upward or downward slightly to make sure that the Adjustment Knob (23) is firmly engaged in an adjustment hole in the Seat Post.



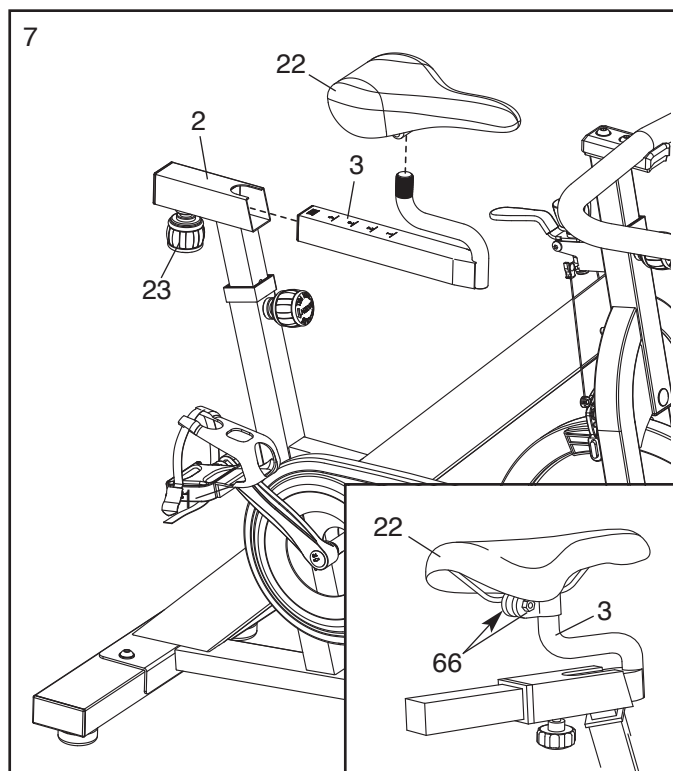
7. Orient the Seat (22) and the Seat Carriage (3) as shown.

See the inset drawing. Attach the Seat (22) to the Seat Carriage (3) with two M8 Hex Nuts (66). **Make sure that the nose of the Seat is pointing straight ahead before you tighten the Hex Nuts.**

Locate the Adjustment Knob (23) on the Seat Post (2). Loosen the Adjustment Knob and pull it downward. Then, insert the Seat Carriage (3) into the Seat Post.

Slide the Seat Carriage (3) to the desired position, release the Adjustment Knob (23) into one of the adjustment holes in the Seat Carriage, and then tighten the Adjustment Knob.

Make sure that the Adjustment Knob (23) is firmly engaged in an adjustment hole in the Seat Carriage (3).



8. **Make sure that all parts are properly tightened before you use the exercise bike.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise bike to protect the floor.

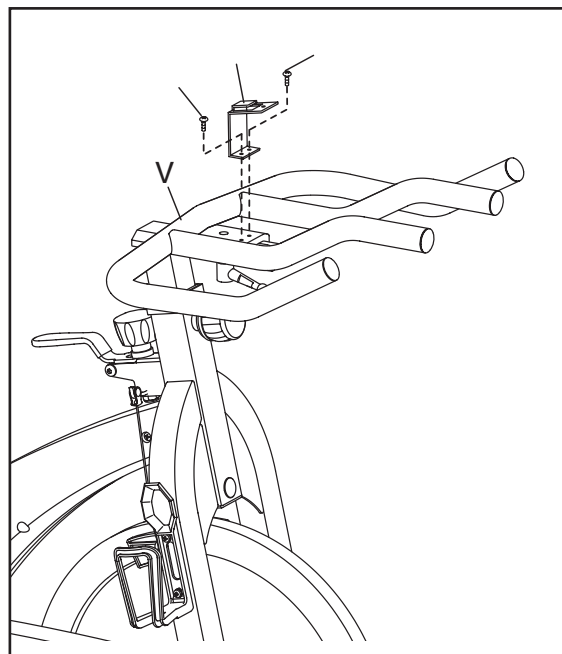
STEP 4

Install the saddle (7) to the Horizontal seal post (31) with Multifunctional wrench.

Then tighten the Horizontal seal post (31) on the Saddle supporting tube (6) with Flat washer(19),Nut (20). Last, insert the Saddle supporting tube (6) to the Main frame (1) and tightly with Knob bolt (28) .

Note:

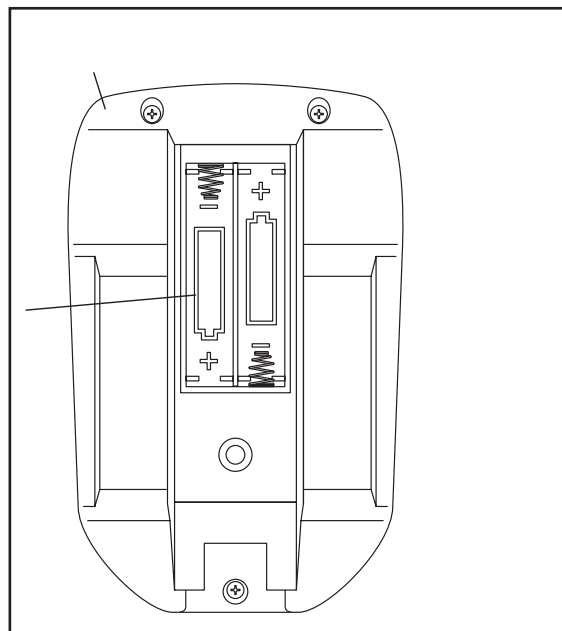
1. You can control the Knob bolt (28) to adjust the appropriate height which is suitable for you .
2. Before use the bike, please make sure that the Saddle(7) have locking on the Horizontal seal post (31).



STEP 5

Attach the Pedals (10L/R) to the Cranks (35L/R) of the Main Frame (1).

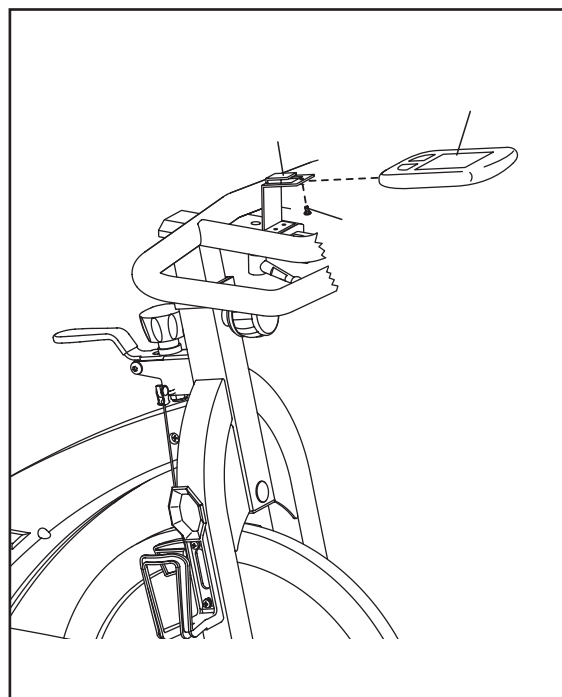
Note: The left pedal (10L) should be tighten in the counterclockwise direction, the right pedal (10R) should be tighten in the clockwise direction.

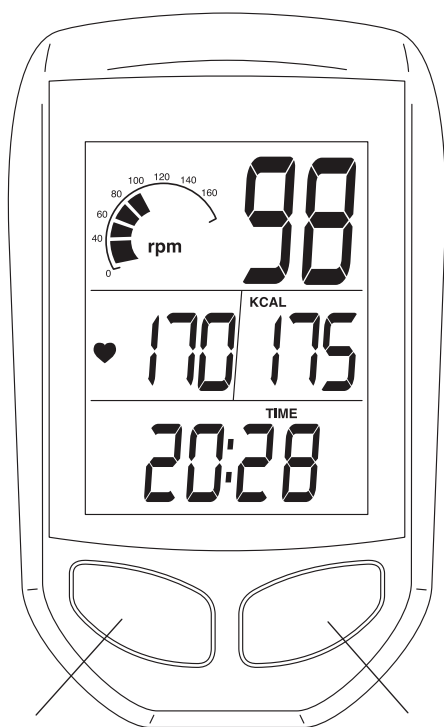


STEP 6

Connect the Sensor connective wire (21) and Pulse wire (27) with the Computer wires correspondingly. Then fix the Computer (9) on the computer bracket with the Flat washer (33) and Screw (34) .

Now, your machine is ready for use.





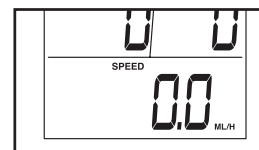
HOW TO PERSONALIZE CONSOLE SETTINGS

1. Turn on the console.

Press any button to turn on the console.

2. Enter the setup mode.

First, press the Left button repeatedly until the word **SPEED** appears in the lower display.



Then, press and hold the Right button for several seconds to enter the setup mode.

Note: The console will exit the setup mode automatically if several seconds pass and no buttons are pressed.

3. Set a time goal if desired.

When you enter the setup mode, the minutes place in the lower display will flash.



To set a time goal for your workout, press the Right button repeatedly to select the desired number of minutes. To select a time goal quickly, press and hold down the Right button.



Note: You can set a time goal between 1 and 99 minutes.

Note: If you set a time goal, the lower display will count down the time remaining in your workout instead of the elapsed time (see step 3 of HOW TO USE THE CONSOLE on page 11).

Press the Left button to advance to the next setting.

FEATURES OF THE CONSOLE

The console offers a selection of features designed to provide instant exercise feedback and make your workouts more effective.

The console also allows you to personalize settings, select a system of measurement, and enter user information before you begin exercising.

To personalize console settings, see the instructions at the right. To set the clock, see page 11. To use the console, see page 11.

Before using the console, make sure that batteries are installed in the console and the transmitter (see assembly step 10 on page 9 and assembly step 12 on page 10). If there is a sheet of plastic on the display, remove the plastic.

4. Enter your gender if desired.

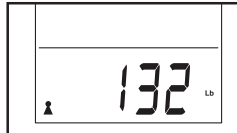
A gender symbol will flash in the lower display.



Press the Right button repeatedly to select the symbol that represents your gender.
Press the Left button to advance to the next setting.

6. Select a unit of measurement if desired.

The console can display speed, distance, and weight in standard or metric measurements. The letters Lb (standard) or Kg (metric) will flash in the lower display to show which unit of measurement is selected.

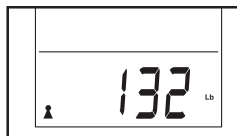


Press the Right button repeatedly to select the desired unit of measurement.

Press the Left button to advance to the next setting.

7. Enter your weight if desired.

A weight setting will flash in the lower display.



Press the Right button repeatedly to select your weight. To select your weight quickly, press and hold down the Right button.



Note: You can select a weight setting between 44 and 396 pounds or between 20 and 180 kilograms. **The exercise bike should not be used by persons weighing more than 275 pounds or 125 kilograms.**

8. Exit the setup mode at any time.

The console will exit the setup mode automatically if several seconds pass and no buttons are pressed.

Note: To advance again through the settings described in steps 3 to 7, press the Left button repeatedly.

HOW TO SET THE CLOCK

1. Turn on the console.

Press any button to turn on the console.

2. Enter the clock mode.

First, press the Left button repeatedly until the clock symbol appears in the lower display.

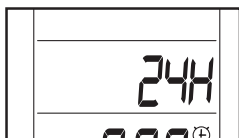


Then, press and hold the Right button for several seconds to enter the clock mode.

Note: The console will exit the clock mode automatically if several seconds pass and no buttons are pressed.

3. Change the time notation if desired.

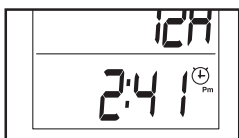
The time notation will flash in the middle right display.



Press the Right button repeatedly to select the desired time notation. Select 12H for a 12-hour clock. Select 24H for a 24-hour clock.

4. Set the time.

Press the Left button to select the hour setting. The hour setting will flash in the lower display.



Press the Right button repeatedly to select the desired hour setting. **Make sure to select the correct am or pm setting when you select the hour setting.**

Press the Left button to select the minute setting. The minute setting will flash in the lower display. Press the Right button repeatedly to select the desired minute setting.

5. Exit the clock mode at any time.

The console will exit the clock mode automatically if several seconds pass and no buttons are pressed.

HOW TO USE THE CONSOLE

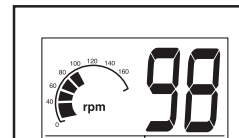
1. Turn on the console.

Press any button to turn on the console.

2. Follow your progress with the displays.

The upper left display—

As you pedal, the rpm meter in this display indicates your approximate pedaling speed in revolutions per minute (rpm) in a range from 0 rpm to 200 rpm. Bars will appear or disappear in increments as you change your pedaling speed.

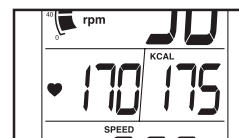


The upper right display—This display shows your pedaling speed in revolutions per minute (rpm) in a range from 0 rpm to 240 rpm.

Note: When you stop pedaling, this display shows the average pedaling speed (AVG rpm) for your workout.

The middle left display—

This display shows your heart rate (heart symbol) in beats per minute (bpm) in a range from 0 to 240 bpm when you wear an optional heart rate monitor (see page 18).

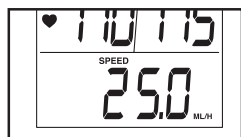


The middle right display—This display shows the approximate number of calories (KCAL) you have burned.

The lower display—This display can show the following workout information:

Speed (SPEED)—

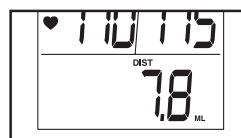
This display shows your pedaling speed in miles per hour (ML/H) or kilometers per hour (KM/H).



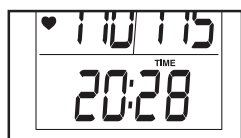
Note: When you stop pedaling, this display shows the average pedaling speed (AVG SPEED) for your workout.

Distance (DIST)—

This display shows the distance you have pedaled in miles (ML) or kilometers (KM).



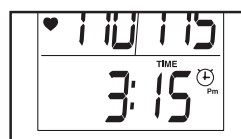
Time (TIME)— This display shows the elapsed time in a range from 0 minutes to 99 minutes.



Note: If you set a time goal (see step 4), this display shows the time remaining in your workout instead of the elapsed time.

Clock (Clock symbol)—

This display shows the time of day using a 12-hour clock or a 24-hour clock.



Press the Left button repeatedly until the lower display shows the workout information you are interested in viewing.

To reset the displays, press the Left button repeatedly until the word TIME appears in the lower display. Then, press and hold the Right

button until zeros appear in the displays.

To turn on the console backlight for a few seconds, press the Right button once at any time.

Note: The console can display speed and distance in either miles or kilometers. The letters ML/H or KM/H will appear in the display to show which unit of measurement is selected. To change the unit of measurement, see step 6 on page 10.

4. Set a time goal, if desired.

To set a time goal, see step 3 on page 9.

To clear the time goal, press the Left button repeatedly until the word TIME appears in the lower display. Then, press and hold the Right button until zeros appear in the lower display.

Note: If you set a time goal, the lower display will count down the time remaining in your workout instead of the elapsed time.

When you reach your goal, a tone will sound for several seconds. Then, the console will begin to count the elapsed time.

6. When you are finished exercising, the console will turn off automatically.

The console has an “auto-off” feature. If the pedals do not move and the buttons are not pressed for a few minutes, the power will turn off automatically to save the batteries.

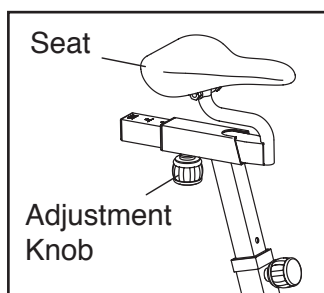
HOW TO USE THE EXERCISE BIKE

HOW TO ADJUST THE ANGLE OF THE SEAT

You can adjust the angle of the seat to the position that is most comfortable. You can also slide the seat forward or backward to increase your comfort or to adjust the distance to the handlebar. To adjust the seat, see the drawing in assembly step 7 on page 8. Loosen the nuts on the seat clamp a few turns, and then tilt the seat upward or downward or slide the seat forward or backward to the desired position. Then, retighten the nuts.

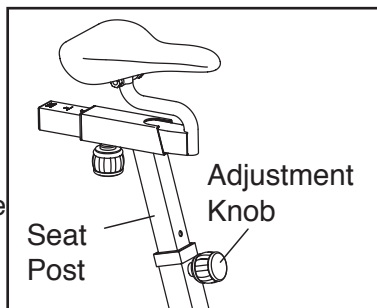
HOW TO ADJUST THE HORIZONTAL POSITION OF THE SEAT

To adjust the horizontal position of the seat, first loosen the adjustment knob and pull it downward. Then, move the seat forward or backward, release the adjustment knob into an adjustment hole in the seat carriage, and firmly tighten the adjustment knob. **Make sure that the adjustment knob is engaged in an adjustment hole.**



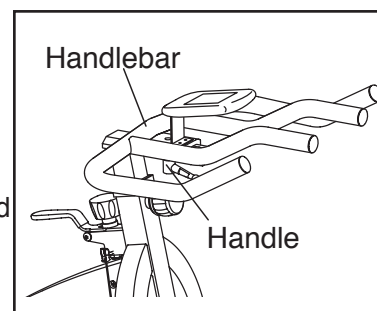
HOW TO ADJUST THE SEAT POST

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat post, first loosen the adjustment knob and pull it outward. Then, move the seat post upward or downward, release the adjustment knob into an adjustment hole in the seat post, and firmly tighten the adjustment knob. **Make sure that the adjustment knob is engaged in an adjustment hole.**



HOW TO ADJUST THE HORIZONTAL POSITION OF THE HANDLEBAR

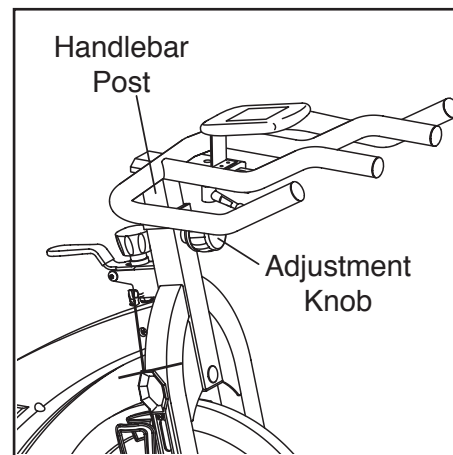
To adjust the horizontal position of the handlebar, loosen the handle, move the handlebar forward or backward to the desired position, and then tighten the handle.



Note: The handle functions like a ratchet. To loosen the handle, turn the handle counterclockwise, pull the handle outward, turn the handle clockwise, push the handle inward, and then turn the handle counterclockwise again. Reverse this process to tighten the handle installed in accordance with all local codes and ordinances.

HOW TO ADJUST THE HANDLEBAR POST

To adjust the height of the handlebar post, first loosen the adjustment knob and pull it outward. Then, move the handlebar post upward or downward, release the adjustment knob into an adjustment hole in the handlebar post, and firmly tighten the adjustment knob. **Make sure that the adjustment knob is engaged in an adjustment hole.**



HOW TO ADJUST THE PEDAL STRAPS

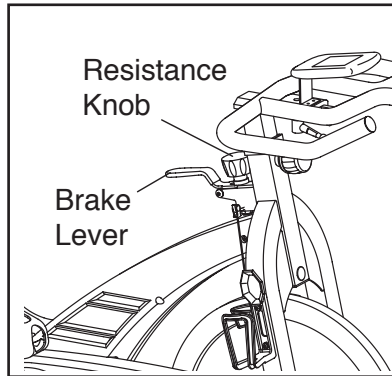
To tighten the pedal straps (see the drawing on page 4), simply pull the ends of the pedal straps. To loosen the pedal straps, press and hold the tabs on the buckles, adjust the pedal straps to the desired position, and then release the tabs.

HOW TO ADJUST THE PEDALING RESISTANCE

To increase the resistance of the pedals, turn the resistance knob clockwise; to decrease the resistance, turn the resistance knob counterclockwise.

To stop the flywheel, push the brake lever downward. The flywheel should quickly come to a complete stop.

IMPORTANT: When the exercise bike is not in use, tighten the resistance knob completely.



HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet on the front or rear stabilizer (see the drawing on page 4) until the rocking motion is eliminated.

HOW TO MAINTAIN THE EXERCISE BIKE


Inspect and tighten all parts of the exercise bike regularly. Replace any worn parts immediately. To clean the exercise bike, use a damp cloth and a small amount of mild detergent. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

HOW TO ADJUST THE HANDLEBAR POST

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, see the drawing in assembly step 13 on page 10.

Rotate the flywheel until the magnet is aligned with the reed switch. Slide the reed switch slightly toward or away from the magnet. Then, rotate the flywheel for a moment. Repeat these actions until the console displays correct feedback.

EXERCISE GUIDELINES




**WARNING:**

Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	
145	138	130	125	118	110	103	
125	120	115	110	105	95	90	
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training one. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

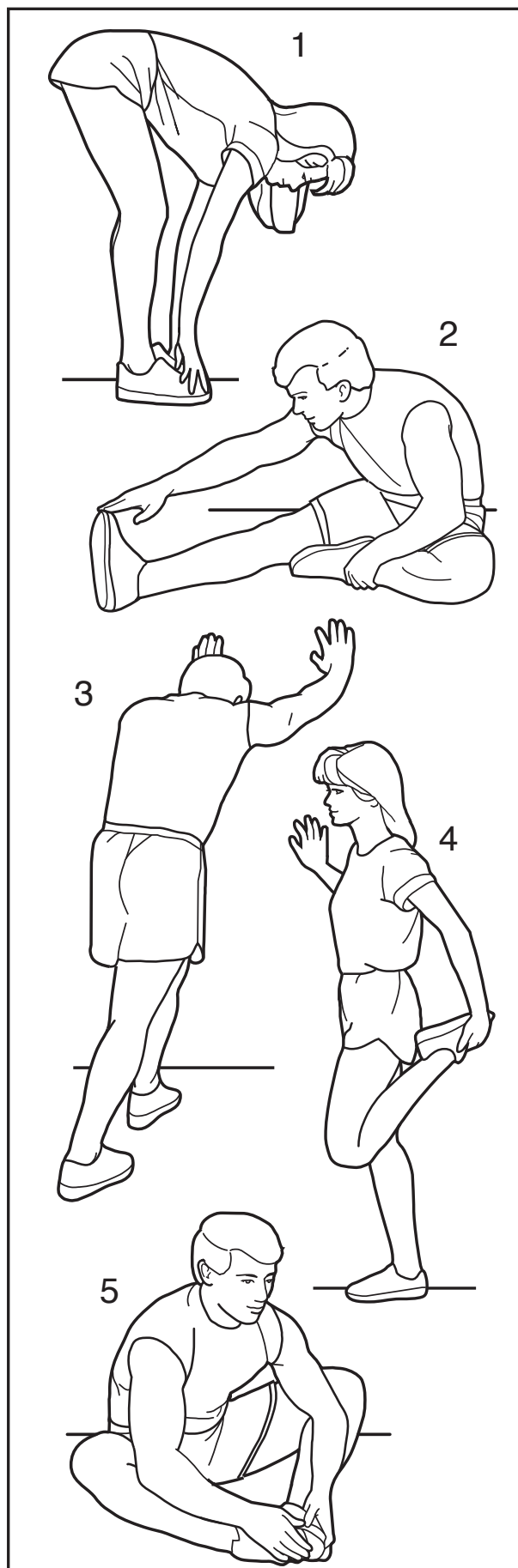
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



MAINTENANCE AND TROUBLESHOOTING

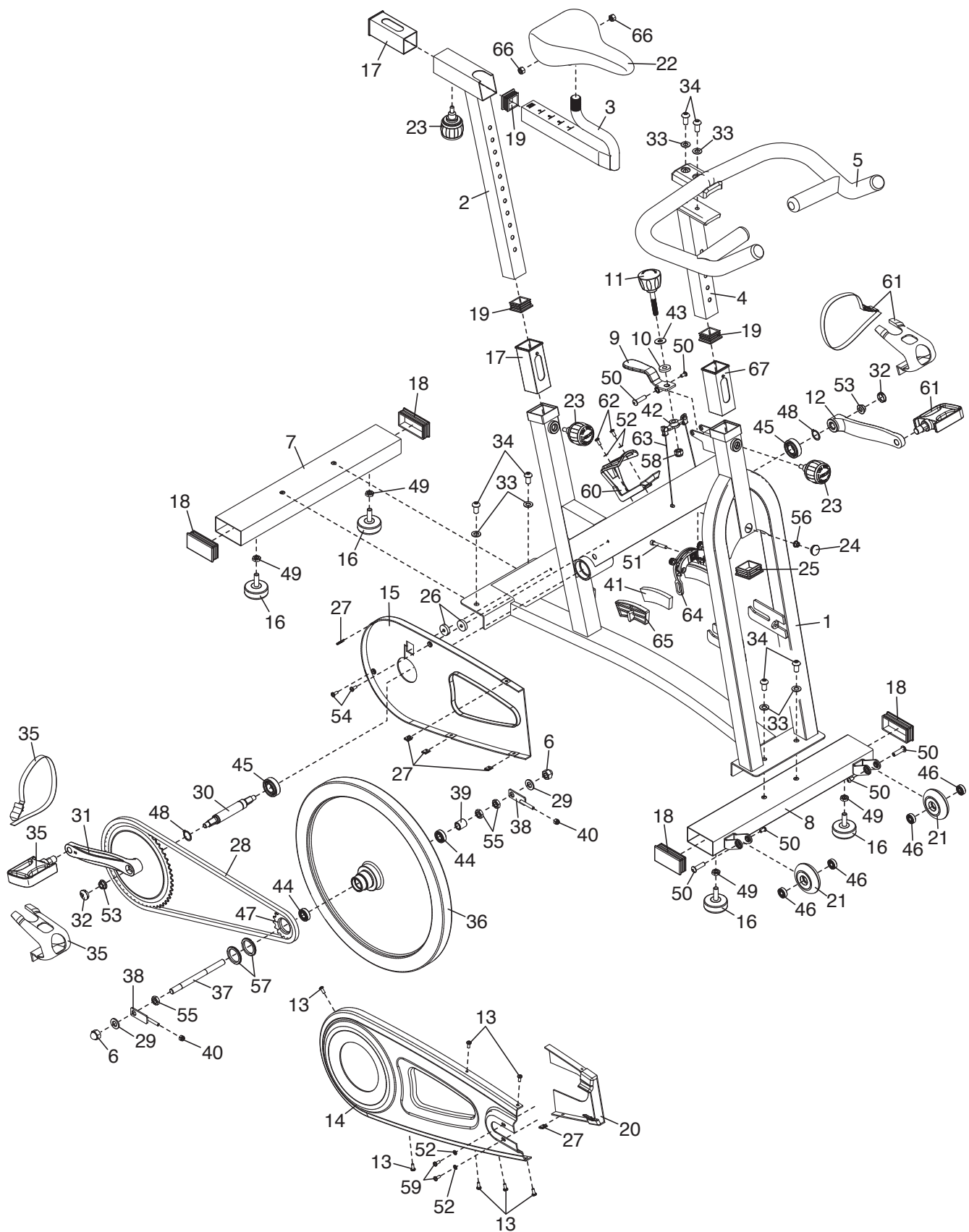
Inspect and tighten all parts of the exercise bike regularly.

Replace any worn parts immediately.

To clean the exercise bike, use a damp cloth and a small amount of mild soap.

IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

EXPLODED DRAWING—Model No. PFEVEX74712.0



PART LIST—Model No. PFEVEX74712.0

Item	Description	Qty.	Item	Description	Qty.
1	Frame	1	35	Right Pedal/Strap	1
2	Seat Post	1	36	Flywheel	1
3	Seat Carriage	1	37	Flywheel Axle	1
4	Handlebar Post	1	38	Flywheel Bracket	2
5	Handlebar	1	39	Sleeve	1
6	M12 Acorn Nut	2	40	M8 Locknut	2
7	Rear Stabilizer	1	41	Brake Pad	2
8	Front Stabilizer	1	42	Brake Clamp	1
9	Brake Lever	1	43	Small Knob Washer	1
10	Felt Washer	1	44	Flywheel Bearing	2
11	Resistance Knob	1	45	Crank Bearing	2
12	Left Crank Arm	1	46	Wheel Bearing	4
13	Self-tapping Screw	7	47	Flywheel Sprocket	1
14	Right Shield	1	48	Snap Ring	2
15	Left Shield	1	49	M10 Hex Nut	4
16	Leveling Foot	4	50	Wheel Bolt Set	3
17	Seat Post Bushing	2	51	M6 x 40mm Bolt	1
18	Stabilizer Cap	4	52	M5 Washer	4
19	Post Cap	3	53	Crank Nut	2
20	Shield Cover	1	54	M5 x 25mm Screw	2
21	Wheel	2	55	M12 Thin Hex Nut	3
22	Seat	1	56	M6 Flange Nut	1
23	Adjustment Knob	3	57	Spanner Nut	2
24	Brake Cap	1	58	M10 Locknut	1
25	Frame Cap	1	59	M5 x 12mm Screw	2
26	6.5mm Plastic Spacer	2	60	Water Bottle Holder	1
27	Nut	5	61	Left Pedal/Strap	1
28	Chain	1	62	M5 x 12mm Screw	2
29	Bracket Washer	2	63	Brake Cable	2
30	Crank Axle	1	64	Caliper Brake	1
31	Right Crank Arm/Crank Wheel	1	65	Brake Pad Mount	2
32	Crank Cap	2	66	M8 Hex Nut	2
33	M10 Washer	6	67	Handlebar Post Bushing	1
34	M10 x 25mm Screw	6		* – Assembly Tool	
				* – User's Manual	

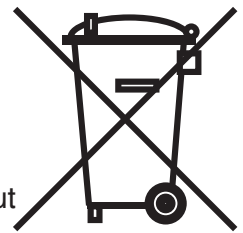
ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

IMPORTANT RECYCLING INFORMATION FOR E. U. CUSTOMERS

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law. Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.



SPECIFICATION :

Open Dimension : (L x l x h):133 x 50,5 x 121 cm
Product Weight : 51 Kg